LandSea Leader Packing List: ADK

All items are required unless otherwise noted. There will be a small storage area for leaders to store extra non-trail items while they are on trail during program.

## Footwear

* Hiking boots\* – *over the ankle, sturdy*
* 2-4 Pairs of socks – *wool or synthetic*
* Camp/water shoes – *thick sole, closed toe, and heel strap required (ex. Keen, crocs)*
* Gym shoe/sneaker (recommended) – *closed-toed, sturdy shoe you can be active in*
* Sandal (optional) – *for driving days or town or around camp during TLT, won’t be allowed for swimming/on trail*

## Clothing

* 7-9 Underwear – *cotton is okay*
* 2-3 Sports bras – *no cotton!*
* 4-5 T-shirts/tank tops – *no cotton!*
* 2-3 Athletic short – *no cotton!*
* Long underwear, long sleeve top\* *– no cotton!*
* Long underwear pant or legging\* – *no cotton!*
* 2-3 Insulating shirt/jacket\* – *synthetic/wool*
* Insulating hat (beanie)\* – *synthetic/wool*
* Gloves/mittens\* – *lightweight, synthetic/wool*
* Rain jacket\* – *lightweight, waterPROOF*
* Rain pant\* – *lightweight, waterPROOF*
* Brimmed hat

## Personal Hygiene/Medication

* Toothbrush/toothpaste *– for camp & trail (travel size set recommended for trail)*
* Glasses and/or contacts
* Backup pair of glasses and/or contacts
* Menstrual products – *enough for 2 cycles, even if you’re not scheduled for it*
* Deodorant
* Shampoo/conditioner/body wash, soap/lotion, facewash
* Personal prescription medications
* Epi pen and/or inhaler if you have one personally prescribed to you

## Equipment

* Sleeping bag & stuff sack\* – *mummy style, minimum 15-20°F rating, compressible*
* Sleeping pad\* *– closed cell foam pad or inflatable pad*
* Backpack\* - *at least* *60 Liters, Internal frame packs are highly preferred*
* Watch with working alarm
* 2 reusable water bottles – *should add up to at least 2 liters*
* Bowl/Plate\* – *a Tupperware container with lid works great for this!*
* Spoon/Fork – *you can grab these out of your silverware drawer at home!*
* Hand sanitizer – *travel-size*
* Headlamp and extra batteries\*
* Lighter
* Insect repellant
* Sunscreen – *SPF 25+*
* Sunglasses – *and a sturdy case*
* Chapstick
* Parachute cord – *about 20 feet*
* Towel – *consider 1 for swimming/canoeing and 1 for showering*

## Additional Items

* Journal and writing utensil
* LandSea Leader Manual (spiral-bound) – *will be distributed in June*
* Extra set of clean, street clothes and comfy clothes *– optional, for training time, travel days, and town*
* Large plastic trash bags *(1-2) – for lining your pack to help waterproof gear*
* Ziploc bags – *gallon size, 5+, for helping to organize and waterproof your gear while on trail*
* Insurance card
* Official photo ID – *e.g. driver’s license, passport, or state-issued identification card*

## Optional Items – You can bring items beyond what’s listed here that will help you be comfy during TLT too!

* Day pack *- for day hikes and carrying belongings around Massawepie and town*
* Nylon hiking pant
* Bandana and/or Buff
* Light sock liners
* Cozy cotton or fuzzy socks for around basecamp during TLT
* Head Bug net
* Shower shoes *(showers at Massawepie are cement floors)*
* Knife – *folding pocket knife only, no fixed blades*
* Camera
* Book, playing cards/games, friendship bracelet string, headphones, phone charger, etc. – *for driving days & during TLT/program*
* Nail clippers, tweezers, etc.
* Personal first aid supplies – band-aids, moleskin, OTC painkillers, etc. – *we’ll provide these in first aid kits too, but pack some if you want extra*
* Camp chair – *Ground style (Crazy Creek) not a large folding chair*
* Pillow – *for car rides and for use during TLT*
* Laundry bag – *detergent* *will be provided, washers and dryers are available for leaders to use for free at Massawepie during TLT*
* Swimsuits
* Money for additional snacks on travel/town days
* Extra snacks, candy, your favorite kind of tea or coffee, etc.
* A mug! Travel mug recommended, For morning (and afternoon and evening) caffeine boosts during TLT
* Hammock and straps
* Portable Bluetooth speaker
* Binoculars! Field guides!
* Comfy cotton sweatpants and sweatshirts and a few extra pieces of comfy clothing to wear around camp during TLT and town days

## Prohibited Items

Illegal drugs, Alcohol, Tobacco, nicotine, or marijuana products, Rx meds without a prescription, Sheath knives

\*These items can be checked out from the LandSea program for no additional cost. If you would like to utilize any of these items, please be sure to fill out the Gear Rental Reservation Form by June 2.